2025 USA Gymnastics REGION 5 CONGRESS

Information for Presenters

June 27-29 ○ Hilton Columbus Downtown ○ Columbus, OH

Venue

Hilton Columbus Downtown
402 N. High Street, Columbus, OH 43215
614-384-8600

Parking: Self Parking $38.00 Per Day; Valet Parking $45.00 Per Day
EV charging available on-site

General Schedule of Events

Congress Registration Hours:

- Thursday, June 26: 5:30-8:30 p.m.
- Friday, June 27: 7:15 a.m.-4:30 p.m.
- Saturday, June 28: 7:45 a.m.-4:30 p.m.
- Sunday, June 29: 8:00 a.m.-10:00a.m.

Congress Lecture Hours:

- Friday and Saturday: 8:30 a.m.-5:15 p.m. (Lunch: 12:15-1:45 p.m.)
- Sunday: 8:30- 12:00 p.m.

Exhibit Hall Hours:

- Friday and Saturday: 8:00 a.m.-5:00 p.m.
- Sunday: 8:00 a.m.-12:00 p.m.

Presenter Meals

Meals will be provided for presenters at the following times:

Friday, June 27

• Breakfast	7:30-9:00 a.m.	Diane Powell Dax Room (5th Floor)
• Lunch	12:15-1:45 p.m.	Diane Powell Dax Room (5th Floor)

Saturday, June 28

• Breakfast	7:30-9:00 a.m.	Diane Powell Dax Room (5th Floor)
• Lunch	12:15-1:45 p.m.	Roman Johnson Room (3rd Floor)*

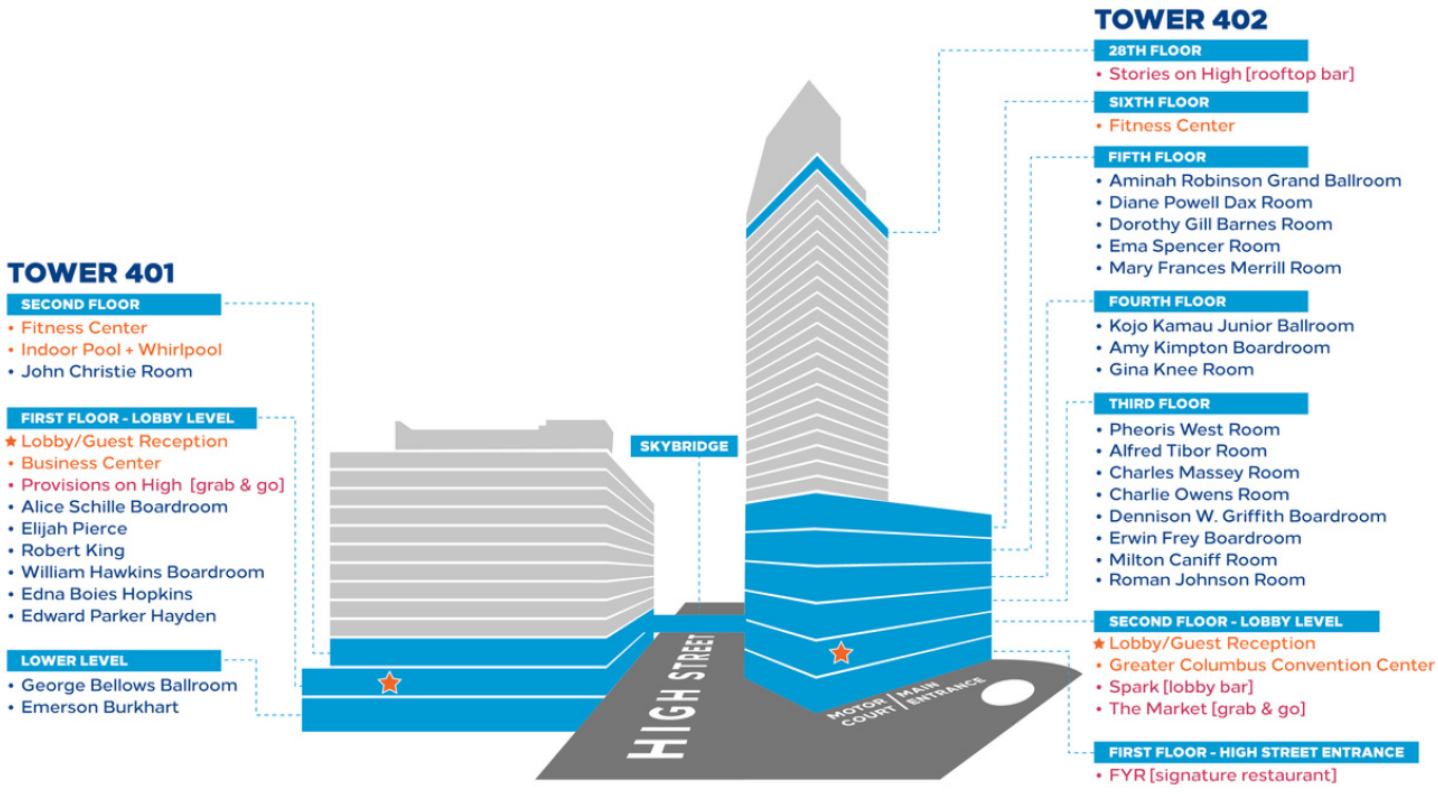
Sunday, June 28

• Breakfast	7:30-9:00 a.m.	Diane Powell Dax Room (5th Floor)

*Lunch on Saturday in conjunction with the Business Owners' Networking Luncheon

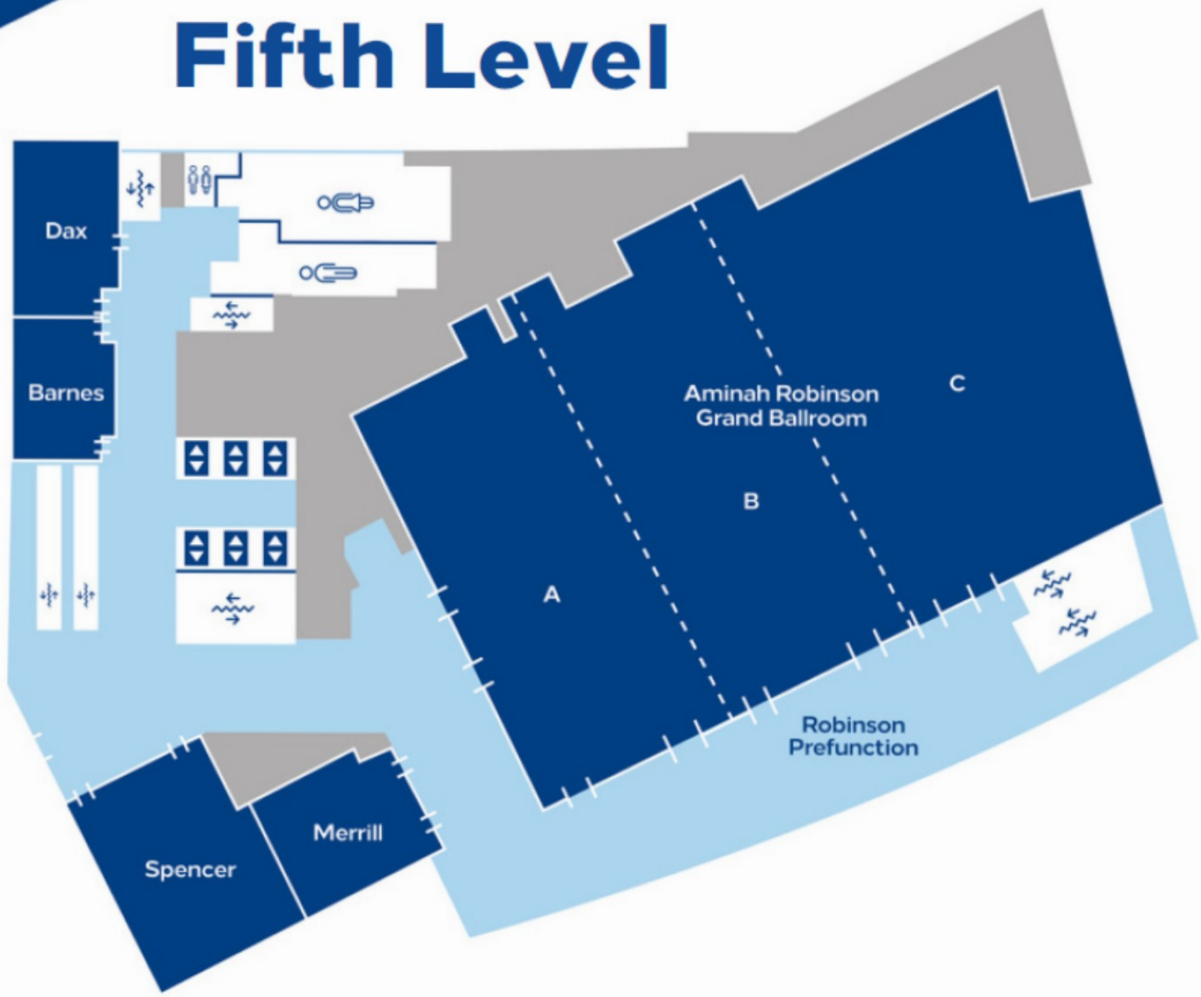
Room Setup and Available AV Equipment

Room	Setup	AV	WiFi
Kojo Kamau A 4th Floor	Podium Table with 2 chairs	2 Screens, LCD Projector Package 2 Table-top Mics & Audio	No
Kojo Kamau B 4th Floor	Podium Table with 2 chairs	1 Screen, LCD Projector Package 1 Handheld Mic	No
Kojo Kamau C 4th Floor	Podium Table with 2 chairs	1 Screen, LCD Projector Package 1 Lavalier Mic, 1 Podium Mic	No
Gina Knee 4th Floor	Podium Table with 2 chairs	1 Screen, LCD Projector Package 1 Lavalier Mic, 1 Podium Mic	No
Ema Spencer 5th Floor	Podium Table with 2 chairs	1 Screen, LCD Projector Package 1 Podium Mic	No
Aminah Ballroom 5th Floor	Spieth Equipment See below for full list	1 Lavalier Mic, Audio, MP3 Adaptor	No
Milton Caniff 3rd Floor	Podium Table with 2 chairs	No AV	No



Fourth Level

Fifth Level



2025 USAG Regional Congress Equipment List Provided by Spieth

The following equipment will be available for presentations in the Live Hall (Aminah Ballroom)

6 Rolls of 6 x 42’ carpet bonded foam
1 Tumble air track - 40ft' (from Tumbl Trak)
1 Free standing uneven bars and matting
1 Single Bar with Free Standing Kit (new system includes a full size single rail w/ portable kit)
2 Floor training rails/bars
1 16” low beam (to be put on carpet bonded foam)
4 Foam Balance Beam Training
2 Spring boards
1 Safety Mat for Yurchenko
1 Vault Trainer OR Level 3 Silver Vault training system
4 5 x 10' 8" skill cushions
2 5X 10 ft. 4-inch throw mats
2 Octagon barrels (25", 30", 35”)
1 Medium OR 1 large handspring trainer
3 Spotting blocks (2 medium and 1 large)
6 Folding panel mats (6 x12’)
2 Incline wedges (1 medium & 1 large folding)
1 Sting mat
2 Pit Pillows (1 small/ 1 large) (SIM MATS)

Proud Partner

DOWNTOWN DINING AND HOTELS MAP

SHORT NORTH ARTS DISTRICT

1. Stauf's Coffee Roasters	$	B
2. The Buckeye Lady	$	
3. Condado Tacos	$	LD
4. Service Bar / Middle West Spirits	$$$	D
5. [‘plas]	$$$	D
6. Bristol Republic	$$	D
7. Fours on High	$$	D
8. Terrace Bar	$$	
9. Seventh Son Brewing	$	D
10. Budd Dairy Food Hall	$$	D
11. Fox in the Snow Cafe	$$	BL
12. Bodega	$$	D
13. Northstar Cafe	$$	BLD
14. Katalina's	$$	
15. Oddfellows Liquor Bar	$	
16. Mikey's Late Night Slice	$	D
17. Fireproof Short North	$$	D
18. Black Brick Bar	$$	
19. Roaming Goat Coffee	$	
20. Hubbard Grille	$$	
21. Galla Park Social	$$$	D
22. Wine on High	&&	
23. The Eagle	$$	LD
24. Union Cafe	$$	LD
25. Short North Pint House	$$	D
26. Basi Italia	$$$	D
27. The Lox Bagel Shop	$$	BL
28. One Line Coffee	$	B
29. Bakersfield	$$	LD
30. Shake Shack	$$	LD
31. Forno Kitchen + Bar	$$	D
32. Jeni's Splendid Ice Creams	$$	
33. Lincoln Social Rooftop	$$	D
34. SoCal Kitchen + Bar	$$$	D
35. Brassica	$$	LD
36. The Pearl	$$	D
37. The Guild House	$$$	BLD
38. Soul at The Joseph	$$	BLD
39. Marcella's	$$	D
40. Hyde Park Prime Steakhouse	$$$$	D
41. Ginger Rabbit Jazz Lounge		
42. Woodhouse Vegan	$	
43. Convention Center: American Nut Company, Charley's Philly Steaks, Chicken 'n Eggs, Fame's Diner, Jet's Pizza, Mykonoas Gyros, Siam/Ohio Noodles & Sushi, Starbucks, Subway, Jet's Pizza	$	BLD
44. Ruth's Chris Steak House	$$$	D
45. Novak's Tavern & Patio	$$	
46. Parlay Sporting Club and Kitchen	$$	D
47. Brewcadia	$$	D
48. Barley's Brewing Company	$$	LD
49. Denmark	$$	D
50. Martini Modern Italian	$$$	D
51. FYR Short North	$$$	BLD
52. Stories on High	$$	D

ARENA DISTRICT

1. North Market: American Nut, Jeni's Splendid Ice Creams, Stauf's Coffee Roasters, Hot Chicken Takeover, Dos Hermanos	$	BLD
2. Lumin Sky Bar & Kitchen	$$	D
3. Moran's Bar and Grill	$$	LD
4. Granero Lounge	$	D
5. Creole 2 Geaux	$$	LD
6. Whistle & Keg	$	
7. Nada Restaurant	$$	D
8. Sunny Street Café	$$	BL
9. Boston's Gourmet Pizza	$$	LD
10. Ted's Montana Grill	$$	LD
11. Si Señor	$	L
12. Rodizio Grill	$$$	D
13. Goodale Station	$$$	D
14. Jeff Ruby's Steakhouse	$$$$	D

Icon Key: ● = Bar Only ● = Patio ● = Rooftop ● = Minority-Owned Business. BLD = On weekdays, regularly serves: Breakfast (B), Lunch (L), Dinner (D). Average entrée price: $ = Under $10, $$ = $10-$30, $$$ = $31-$60, $$$$ = above $61. Restaurant hours vary. **Bold** denotes Attendee Savings Pass participants.

Download the Attendee Savings Pass for deals and discounts

DOWNTOWN HOTELS

A. Moxy Columbus Short North
B. Graduate Columbus
C. Le Méridien Columbus, The Joseph
D. AC Hotel Columbus Downtown
E. Hampton Inn & Suites Columbus Downtown
F. Hilton Columbus Downtown
G. Hyatt Regency Columbus
H. Drury Plaza Columbus
I. Sonesta Columbus Downtown
J. Canopy by Hilton Columbus Downtown North
K. Red Roof PLUS+ Columbus Downtown – Convention Center

DOWNTOWN

1. Stauf's Coffee Roasters	$	B
2. Wolf's Ridge Brewing	$$	LD
3. Freedom a la Cart	$$	BL
4. The Kee	$$	LD
5. Rishi Sushi Kitchen & Bar	$$	
6. Brioso Coffee	$	BL
7. Matt and Tony's Kitchen + Tavern	$$	LD
8. Barroluco	$	LD
9. Alley Burger	$$	BLD
10. Escobar Restaurant and Tapas	$$$	BLD
11. Due Amici	$$	LD
12. Mitchell's Steakhouse	$$$	LD
13. Butcher & Rose	$$	D
14. Cinco Más	$	
15. The Keep Kitchen & Liquor Bar	$$	BLD
16. Tasty Dawg	$	
17. Parable Coffee	$	
18. Condado Tacos	$	LD
19. Jeni's Splendid Ice Creams	$$	
20. Milestone 229	$$	LD
21. Cafe Overlook	$	BL
22. Dirty Frank's Hot Dog Palace	$	LD
23. Hadley's Bar and Kitchen	$$	LD
24. Mikey's Late Night Slice	$	LD
25. Pecan Penny's	$$	LD
26. The Walrus	$$	LD
27. Dempsey's Food and Spirits	$$	BLD
28. Olde Towne Tavern	$$	
29. East Market: B&K Smokehouse, Creole 2 Geau, Just Chicken, Little Cat	$	BLD

FRANKLINTON

1. Bottoms Up Coffee	$	BL
2. Brass Eye	$$	D
3. Maudine's	$	
4. Little West Tavern	$$	LD
5. Land-Grant Brewing Company	$$	D
6. One Line Coffee	$	

GERMAN VILLAGE/BREWERY DISTRICT

1. Katzinger's Delicatessen	$$	L
2. Kittie's Cakes	$$	BL
3. Pistacia Vera	$$	BL
4. Cento	$$$$	D
5. Stauf's Coffee Roasters	$	B
6. Lindey's	$$$	LD
7. Sycamore	$$	BLD
8. Parsons North Brewing	$$	D
9. Schmidt's Sausage Haus	$$	LD
10. Chapman's Eat Market	$$	D
11. Antiques on High	$$	
12. Agni	$$$$	D
13. Law Bird	$$	
14. Emmett's on South High	$	BL
15. Smoked on High Barbecue.	$	LD
16. Big Room Bar	$	
17. Winans Chocolates + Coffees	$$	
18. Jeni's Splendid Ice Creams	$$	
19. Barcelona Restaurant & Bar	$$$	LD
20. Skillet	$	
21. Bake Me Happy	$	
22. Community Grounds: Coffee & Meeting House	$	BL
23. The Thurman Cafe	$$	LD

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View the interactive map for more dining options:

DOWNTOWN HOTELS

L. Courtyard by Marriott Columbus Downtown
M. Residence Inn by Marriott Columbus Downtown
N. Hotel LeVeque, Autograph Collection
O. Renaissance Columbus Downtown Hotel
P. DoubleTree Suites by Hilton Columbus Downtown
Q. The Junto
R. Sheraton Columbus Hotel at Capitol Square
S. Holiday Inn Columbus Downtown Capitol Square
T. Home2 Suites by Hilton Columbus Downtown
U. The Westin Great Southern Columbus
V. Holiday Inn Express Columbus Downtown

EXPERIENCE COLUMBUS